

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims**

1. (Currently amended) A sanitary product for insertion into a human vagina, the product comprising an internally ~~worn~~ wearable absorbent plug and an externally ~~worn~~ wearable absorbent pad joined to one another by a sheath that opens through the pad and is resiliently expandable in a radial direction, but not in a longitudinal direction, such that a wearer's finger can be received in the sheath to assist insertion.
2. (Previously presented) The sanitary product of claim 1, wherein the sheath is liquid impermeable in a direction from the outside of the sheath to the inside of the sheath.
3. (Currently amended) The sanitary product of claim 1, wherein the sheath comprises a tube of liquid impermeable material.
4. (Previously presented) The sanitary product of claim 1, wherein the pad comprises an absorbent layer and a liquid impermeable backing sheet.
5. (Previously presented) The sanitary product of claim 3, wherein the pad comprises an absorbent layer and a liquid impermeable backing sheet and the backing sheet is integral with the liquid impermeable material of the sheath.

6. (Previously presented) The sanitary product of claim 1, wherein the sheath passes liquid along its length from the plug to the pad.

7. (Previously presented) The sanitary product of claim 1, wherein the sheath comprises a tube of absorbent material.

8. (Previously presented) The sanitary product of claim 1, wherein the sheath comprises a tube of liquid impermeable material inside a tube of absorbent material.

9. (Previously presented) The sanitary product of claim 1, wherein the sheath is flexible.

10. (Previously presented) The sanitary product of claim 1, wherein the sheath has a smaller diameter than that of the plug.

11. (Previously presented) The sanitary product of claim 1, wherein the sheath is resiliently expandable in a radial direction to receive a finger during insertion of the product into the vagina.

12. (Previously presented) The sanitary product of claim 1, wherein the sheath extends for substantially 2.5 cm between an end of the plug and a surface of the pad closest to the plug.

13. (Previously presented) The sanitary product of claim 1, further comprising a cord attached to the plug to assist removal of the plug from the vagina.

14. (Original) The sanitary product of claim 13, wherein the cord extends along the inside of the sheath.

15. (Previously presented) The sanitary product of claim 1, wherein the plug is substantially 4cm in length or less and 2cm in diameter or less.

16. – 18. Cancelled

19. (Previously presented). The sanitary product of claim 1, wherein the plug is substantially 3.5cm in length or less and 1.5cm in diameter or less.

20. (Previously presented) The sanitary product of claim 1, wherein the plug is substantially 3.5cm in length and 1.5cm in diameter.

21. (Previously presented) The sanitary product of claim 1, wherein the pad has the shape of a flat ellipse with one end wider than the other.

22. (Previously presented) The sanitary product of claim 1, wherein the pad is substantially 6.5cm long and 5.5cm wide.

23. (Previously presented) The sanitary product of claim 1, wherein the pad is substantially 0.5cm thick.

24. Cancelled

25. (Currently amended) The sanitary product of claim 1 manufactured by ~~A method of manufacturing a sanitary product~~, the method comprising joining ~~[[an]]~~ the internally worn wearable absorbent plug to ~~[[an]]~~ the externally worn wearable absorbent pad by ~~[[a]]~~ the sheath to produce the sanitary product of any of claims 1 to 23.

26. Cancelled